

## CLAIMS

What is claimed is new and desired to be protected by letters patent is set forth in the appended claims:

1. A golf swing practice and training towel comprising a planar, flexible sheet having a first longitudinal straight edge defining a target line and a second opposing parallel straight edge defining a body line, wherein said sheet is selectively placed flat on the ground by the user with said target line in linear alignment with a specified target for placement of a ball adjacent thereto with said body line providing the user a visual reference for positioning their feet in squared alignment relative to said ball and said target.

2. A golf swing practice and training towel as recited in claim 1, further including a plurality of spaced apart longitudinal reference lines proximal and parallel to said body line for folding said sheet therealong to adjust the width of said sheet accordingly to accommodate the arm and club length of said user to achieve the appropriate distance between the user and said ball.

3. A golf swing practice and training towel as recited in claim 2, wherein said longitudinal lines are equidistantly spaced apart.

4. A golf swing practice and training towel as recited in claim 2, wherein each said longitudinal line has corresponding indicia to allow said user to differentiate and identify a preferred sheet width for subsequent use.

5. A golf swing practice and training towel as recited in claim 1, wherein said sheet further includes a plurality of spaced apart transverse reference lines extending perpendicularly substantially across the width of said sheet to define specific placement points of the club head, said ball and the user's feet and hands.

6. A golf swing practice and training towel as recited in claim 5, wherein said transverse lines are equidistantly spaced apart.

7. A golf swing practice and training towel as recited in claim 5, wherein each said transverse line has corresponding indicia to allow said user to differentiate and identify specific placement points of the club head, said ball

and the user's feet and hands for incremental adjustment or repetitive positioning thereof.

8. A golf swing practice and training towel as recited in claim 1, further comprising:

- a) a plurality of spaced apart longitudinal reference lines and parallel to said body line for folding said sheet therealong to adjust the width of said sheet accordingly to accommodate the arm and club length of said user; and
- b) a plurality of spaced apart transverse reference lines extending perpendicularly substantially across the width of said sheet to define specific placement points of the club head, said ball and the user's feet and hands.

9. A golf swing practice and training towel as recited in claim 8, wherein said longitudinal lines are equidistantly spaced apart.

10. A golf swing practice and training towel as recited in claim 8, wherein said transverse lines are equidistantly spaced apart.

11. A golf swing practice and training towel as recited in claim 8, wherein each said longitudinal line has corresponding indicia to allow said user to differentiate and identify a preferred sheet width for subsequent use.

12. A golf swing practice and training towel as recited in claim 8, wherein each said transverse line has corresponding indicia to allow said user to differentiate and identify specific placement points of the club head, said ball and the user's feet and hands for incremental adjustment or repetitive positioning thereof.

13. A golf swing practice and training towel as recited in claim 12, wherein said transverse line indicia is distinctly different from said longitudinal line indicia.

14. A golf swing practice and training towel as recited in claim 13, wherein said transverse line indicia is sequentially numerical and said longitudinal line indicia is sequentially alphabetical.

15. A golf swing practice and training towel as recited in claim 13, wherein said transverse line indicia is sequentially alphabetical and said longitudinal line indicia is sequentially numerical.

16. A golf swing practice and training towel as recited in claim 8, wherein said transverse lines and said longitudinal lines form a grid that allows the user to fold one end of said body line to a specific point on the grid to establish an angular body line that may be used to work on an open stance or a closed stance.

17. A golf swing practice and training towel as recited in claim 8, that is utilized by a golfer by placing said flexible sheet on the ground with said target line in linear relation with the intended target and the tips of the golfer's feet situated at predetermined positions along said body line whereby said golfer uses said longitudinal and transverse lines as reference points for incrementally making precise adjustments or establishing consistency in the golf swing by minimizing the random positioning and alignment of said golfer's feet and hands and the head of the golf club relative to the position of said ball from one swing to the next.

18. A golf swing practice and training towel as recited in claim 1,  
wherein said flexible sheet is fabricated of a cloth material.